The Feed Audit

Feel it before you post it. Feel it before you believe it.

Most of us never decided what we take in each day. The feed decided for us. This is a one-week look at what you're actually consuming, using the most honest measuring tool you've got, which is your body.

It takes about fifteen minutes to start and a minute a day after that. You don't have to delete anything or quit anything. Just notice.

Start here

Before you open an app, sit for a moment and notice your body. Shoulders, jaw, chest, stomach, breath. Write one or two words for how you feel right now.

Your top ten

Write down the ten accounts, people or channels you see most. Scroll for a minute or two on each, then notice what your body does afterwards. Tighter or looser? Heavier or lighter? Then decide what you want to do with each one.

Account	How my body feels after	More, less or none?	Keep, mute or unfollow

Feel it before you believe it

When something stops your thumb, a shocking video, a claim that makes you angry, a post that seems too good or too awful to be true, run through these before you react or share.

- Take three slow breaths. Let the first jolt pass.
- What is this making me feel, and where do I feel it?
- Who made it, and what do they get if I share it?
- Is anyone trustworthy reporting the same thing?
- If I’m not sure, can I just leave it?

Feel it before you post it

Before you post, comment or reply, check in with your body and ask yourself these.

- How does my body feel right now? Calm, buzzy, hurt, defensive?
- Am I posting to connect with people, or to be approved of?
- Would I say this to someone’s face?
- Will I still be glad I posted this tomorrow?
- Can it wait an hour?

Your week

Once a day, take a minute to fill in a row. Look for patterns at the end of the week.

Day	Screen time	One thing that left me better	One thing that left me worse	Body word
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

At the end of the week
What surprised you? What do you want more of? Pick one change to keep, and only one. Small changes are the ones that stick.